



Episode 22

www.HealthyRockford.com/TheHWord

Tuna, Sweet Pea, Pasta Salad

Ingredients

Dressing

3 T Dijon mustard
1 T white wine vinegar
2 cloves garlic, chopped
1/3 C olive oil

1 C sweet peas
Pint grape tomatoes
12 oz white tuna in water
1 T Parmesan cheese
1 lemon
Eggs, hard-boiled

Salad

8 oz cellentani or pasta
8 oz fresh string beans

THE H WORD

Dressing: combine first three ingredients. Whisk in oil until thick.

Salad: Boil large pot of water, add pasta and cook for 5 minutes. Add beans and peas and cook an additional six minutes until tender. Cut tomatoes in half and place in large bowl. Add tuna, cooked pasta and veggies, dressing, cheese, juice of lemon, salt and pepper. Toss all! Garnish with hard-boiled egg and serve!!



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